

State of California's

Employee Assistance Program

Statewide Sessions



Learn About Your EAP Benefits Including Stress Management Tools and Financial Resources To Help You During Difficult Times

These sessions have been enhanced to place a special emphasis on benefits related to this time of economic uncertainty. We are including a Stress Management component and a focused review of the Financial Consult benefit and other EAP financial resources. Reservations are not required and it's first-come, first-seated. Supervisors are encouraged to also attend the All Employees session to learn about the core program. Before planning to attend any of these sessions, employees should ensure supervisor's approval for their absence from the work site.

For questions regarding these sessions please contact your Departmental EAP Coordinator.

Please provide one week notice for special accommodations.

August 12, 2009 - Stockton
Department of Transportation
1976 East Dr. Martin Luther King
Jr. Blvd.
Stockton, CA
All Employees 8:00 am
Supervisors 9:30 am

August 19, 2009 - Sacramento
Dept of Veterans Affairs
1227 O Street
Medal of Honor Hall
Sacramento, CA
All Employees 8:30 am
Supervisors 10:00 am

August 19, 2009 - Oakland
Department of Transportation
111 Grand Avenue
First Floor Auditorium
Oakland, CA
All Employees 8:30 am
Supervisors 9:30 am

August 19, 2009 – Los Angeles
Department of Transportation
100 South Main Street
First Floor Conference Rooms
Los Angeles, CA
All Employees 8:30 am
Supervisors 10:00 am

August 27, 2009 – Pomona
Dept of Developmental Services
Lanterman Developmental Center
De Bell Auditorium
3530 Pomona Blvd
Pomona, CA
All Employees 8:30 am
Supervisors 10 am